

## Outdoor Community Pools Open 7 days a week!



**FREE Admission**

**ID REQUIRED**

### **YOUTH AGE 11 AND UNDER** (Elementary Age):

A parent or guardian with I.D. must fill out a pool emergency information card in person at the pool prior to the child swimming for the season.\*

**PERSONS AGE 12 – 17** (Middle & High School): Show a current pictured school I.D., Drivers License or state issued I.D. and completely fill out a pool emergency information card.

### **ADULTS:**

Show a current Drivers License or state issued I.D. and completely fill out a pool emergency information card.

*Cards will be kept on file for the current pool season at each pool.*



## Come Swim With Us!

*Children under the age of 5 and less than 42 inches tall must be accompanied by a parent or responsible teen at least 16 years old. Children who are not toilet trained must wear a swimming diaper.*



## Hunter Park Pool & Splash Pad

1400 E. Kalamazoo

Phone: 371-3622

### **HUNTER POOL SCHEDULE :**

**May 30 - September 7\***

Open Swim, 1-7 p.m. daily

Adult classes/lap swim scheduled, 7-8 p.m.

*(Call or visit the pool for details)*

**SPLASH PAD** open 1-7 p.m. daily

Available for rental.

Please call 483-4290 for details.

## Moore's Park Pool

600 Moore's River Drive

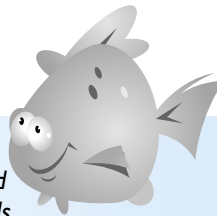
Phone: 371-2778

### **MOORE'S POOL SCHEDULE:**

**June 5 - August 24\***

Open Swim,

1-7 p.m. daily



## Want more swimming?

*Swim lessons, aqua exercise and indoor open swim offered at various Lansing school locations. See pages 3-5 for details.*

\*Weather permitting

## Parent/Child Classes:

**BOBBIN BABES** (Ages 6 Months – 2 Years)

**TINY TOTS** (Age 2 – 5 Years)

**BABES & TOTS** (Ages 1 – 5 Years)

Water adjustment for a parent and child with an emphasis on fun, safety and gaining confidence and comfort in the water. The instructor will guide you with songs, games and activities in the water. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

## Swim Lessons

### **PRESCHOOL** (Ages 3 – 6)

Experience advanced water adjustment activities, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1.

### **LEVEL 1: EXPLORERS** (Ages 5+)

Continue with advanced water adjustment, introduction to floating and alternating arms. Level 1 creates a sound foundation for aquatic and safety skills.

### **LEVEL 2: STARFISH**

Expand fundamental aquatic locomotion, unsupported floating, gliding, rhythmic breathing, combined skills, safety and rescue skills.

### **LEVEL 3: GOLDFISH**

Increase swimming skills, introduction to the butterfly, build on locomotion, safety and rescue skills, deep water adjustment, diving, treading water.

### **LEVEL 4: DOLPHINS**

Develop confidence and competency in strokes and safety skills beyond preceding levels. Breath control, swimming endurance, rescue breathing, introduction to breaststroke, sidestroke, elementary backstroke and turning at the wall.

### **LEVEL 5: SHARKS**

Continued work on all strokes and safety. Introduction to flip turns on the front and back.

### **LEVEL 6: STINGRAYS**

Refine strokes for ease, efficiency, power and smoothness over greater distances.

## Did you know?

*Our swim lessons are taught by certified Water Safety Instructors (WSI) who have successfully completed an intensive American Red Cross WSI training program. What does this mean to you? You are being taught by a qualified instructor who has been specifically trained to teach the mechanics of swimming, stroke development and water safety.*

**It's easy to register! See page 35**

